



**HEART**

Helping Early years practitioners Apply  
Research into Teaching and learning

# PHYSICAL DEVELOPMENT

## 3-2-1

### Explore the theme



- 1. What are the links between physical development and other areas?**
- 2. How do we support children's physical development?**
- 3. What does the evidence say?**



### Watch an approach in action video

- 1. Wake up shake up**
- 2. Action Rhymes**



### Professional development module

- 1. DfE Child development module five - Supporting physical development in the early years**

## Read more

<https://educationendowmentfoundation.org.uk/early-years-evidence-store/physical-development>



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